

My Family Health Tree and Me

The six leading causes of death among Delaware residents are cancer, heart disease, HIV/AIDS, unintentional injuries, stroke and diabetes.

Many of these killers - cancer, heart disease, stroke, diabetes - can be passed on from one generation to another.

Mapping your family health history can help identify disease patterns and your health risks. The relationships shown below are intended to serve as a guide for the development of your family health tree. You may want to add family members to obtain a more complete family health profile. After you complete your family health tree, discuss it with your doctor.

The good news is that advances in medical treatment and prevention are helping more Delaware residents live longer, healthier lives. Isn't it time to take charge of your health with the knowledge from your family health tree?

My Father's Father Born: _____ Died: _____ Cause of death: _____ Diseases: _____	My Father's Mother Born: _____ Died: _____ Cause of death: _____ Diseases: _____	My Mother's Father Born: _____ Died: _____ Cause of death: _____ Diseases: _____	My Mother's Mother Born: _____ Died: _____ Cause of death: _____ Diseases: _____
My Father's Brother/Sister Born: _____ Died: _____ Cause of death: _____ Diseases: _____	My Father Born: _____ Died: _____ Cause of death: _____ Diseases: _____	My Mother Born: _____ Died: _____ Cause of death: _____ Diseases: _____	My Mother's Sister/Brother Born: _____ Died: _____ Cause of death: _____ Diseases: _____
My Paternal Cousin Born: _____ Died: _____ Cause of death: _____ Diseases: _____	My Sister/Brother Born: _____ Died: _____ Cause of death: _____ Diseases: _____	Me Born: _____ Diseases: _____	My Spouse Born: _____ Died: _____ Cause of death: _____ Diseases: _____
			My Maternal Cousin Born: _____ Died: _____ Cause of death: _____ Diseases: _____
My Son/Daughter Born: _____ Died: _____ Cause of death: _____ Diseases: _____	My Son/Daughter Born: _____ Died: _____ Cause of death: _____ Diseases: _____	My Son/Daughter Born: _____ Died: _____ Cause of death: _____ Diseases: _____	My Son/Daughter Born: _____ Died: _____ Cause of death: _____ Diseases: _____



"What gift has Providence bestowed on man that is so dear to him as his children?"

—Cicero

Take Charge of Your Health: Know Your Family Enemies!

High Blood Pressure (Also known as Hypertension)

Know your blood pressure number and control it. Uncontrolled high blood pressure can cause heart disease, stroke, diabetes, blindness and death. If you don't know your blood pressure number, talk to your doctor today and find out. If your blood pressure is higher than 120/80, write it below and work with your doctor to lower it.

DATE	YOUR BLOOD PRESSURE	WHERE YOU NEED TO BE
_____	_____	120/80
_____	_____	120/80
_____	_____	120/80

Blood Cholesterol

Know your blood cholesterol level and control it. Uncontrolled high blood cholesterol puts you at risk for a heart attack and death. If you don't know your cholesterol number, talk to your doctor today and find out. If your cholesterol number is higher than 200, write it below and work with your doctor to lower it.

DATE	YOUR CHOLESTEROL NUMBER	WHERE YOU NEED TO BE
_____	_____	200 or lower
_____	_____	200 or lower
_____	_____	200 or lower

Blood Sugar Number (Also know as Glucose)

Know your blood sugar level and control it. Uncontrolled high blood sugar can cause heart attack, stroke, nerve damage, blindness, sexual problems, poor blood circulation, amputations and death. If you don't know your blood sugar number, talk to your doctor today and find out. If your blood sugar number is higher than 120, write it below and work with your doctor to lower it.

DATE	YOUR BLOOD SUGAR NUMBER	WHERE YOU NEED TO BE
_____	_____	80-120
_____	_____	80-120
_____	_____	80-120

My Family Health Tree and Me

Knowing the diseases on your family health tree can help you take charge of your health and live a healthier, longer life.



**DELAWARE HEALTH
AND SOCIAL SERVICES**
Division of Public Health
Office of Minority Health

"Life is a flame that is always burning itself out, but it catches fire again every time a child is born."

—George Bernard Shaw